

Training Tips for Beginner Students

By Chad Wright



When you first start training in Martial Arts, it can be quite confusing, especially the free-sparring part of class.

Something I tell my students is that beginning martial arts is much like beginning a big jigsaw puzzle. The first few pieces are quite difficult to find, but after you put a few together it all starts to take shape, and the process becomes easier.

Feeling a little confused is natural, and everybody goes through this stage. Hopefully it will only last a few lessons, then you will start to see some sense in it all.

Tips to help new students (and old):

- **Repetition is your friend.** Drill the technique you are learning in class as many times as possible. Keep drilling it over and over.
- **Train smart.** Start with no resistance from your training partner. When you feel like you understand the technique, ask your partner to intelligently resist about 20%. If you are still getting the technique on, then ask your partner to go 40%, 60% and so on.
- **Ask questions.** That is what the instructor is there for. Otherwise you could learn martial arts off youtube!
 - Note: try to leave your questions until after the instructor has finished addressing the class. Sometimes an instructor will not want all of the class to hear all the details right away. It's not that the instructor is hiding anything from you, just that he doesn't want to overload the student with too much info and confuse them. Also, avoid adding your own comments to what an instructor says.
- **Stay consistent with your training.** Twice per week should be the absolute minimum. Three times per week or more is even better if your lifestyle allows.